

**Softball games continue***Engineers temper Infantry's late-game rally*

Page 9

# Fort Riley Post

**Communities celebrate together***Annual Sundown Salute extends to five days*

Page 11



Friday, July 8, 2005

America's Warfighting Center

Vol. 48, No. 27

**Around The Army****Fort Campbell:**

Officials of Junction City, Kan., and Hopkinsville, Ky., near Fort Campbell, signed a Sister City agreement July 1 to help promote each city as future homes for Soldiers and families transferring to Fort Riley or Fort Campbell. "We're also talking with community officials in Watertown just outside of Fort Drum, N.Y., to do the same thing," Junction City City Manager Rod Barnes said.

The partnership will help Junction City provide information about housing, quality of life features, schools and more, Barnes said. The idea is to give transferring families a good first impression of Junction City before they arrive, Barnes said.

— Mike Heronemus, editor

**Fort Knox:**

The Turret reported June 30 that the Blind Industry Services of Maryland would soon open the Office Eagle store, an on-post retail facility for office and janitorial supplies.

Formerly called Self Service Supply Center, the Office Eagle store is a retail outlet for BIS where Skilcraft and other Javits-Wagner-O'Day products will be sold.

The JWOD act was established in 1938 and provided an outlet for items manufactured by blind or disabled people through government purchases.

Such items include products by Skilcraft, components for the U.S. military's Kevlar helmet, and even the instrument panel lighting used on Air Force One.

For more on this story and other Fort Knox news, visit [www.thenewscenter-prise.com/turret/](http://www.thenewscenter-prise.com/turret/) on the Web.

**Fort Belvoir:**

The Belvoir Eagle reported June 30 that a copperhead snake attacked a landscaping employee outside the Officers' Club earlier this month.

The venomous snake bit the employee's arm while he was weeding a rose bush, according to installation safety officer Lloyd Pier-saw.

As temperatures warm, snakes on post are coming out of hibernation.

They usually appear outside during the spring and summer, when the cold-blooded creatures seek sunlight to warm their bodies.

Snakes commonly found on Fort Belvoir include the black rat and black racers. Both can grow to six feet long.

The only venomous snakes on the installation are copperheads.

Before the snake bite incident at the Officers' Club, Piersaw had only spotted two of the poisonous snakes near Tompkins Basin in the past decade.

For more on this story and other Fort Belvoir news, visit [www.belvoireagle.com/](http://www.belvoireagle.com/) on the Web.

## Partnership aids housing needs

*Extra money goes for guaranteed, direct home loans in Fort Riley region**By Mike Heronemus*

Editor

More federal loan guarantees mean Soldiers at Fort Riley will have an easier time buying or building homes in the immediate future.

Sen. Pat Roberts (R-Kan.)

announced June 27 that \$25 million in guaranteed lending assistance is available through the U.S. Department of Agriculture's Rural Housing Agency. That will be added to \$47 million previously appropriated for rural home and development loans, he said.

Roberts announced the increase

in funding before Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley; USDA Rural Development Undersecretary Gilbert Gonzalez; USDA, State Rural Development Director Chuck Banks; and Deputy Fort Riley Garrison Commander Linda

Hoefner signed a memorandum of understanding creating a cooperative partnership among the organizations.

Fort Riley's part of the agreement requires a \$20,000 renovation of office space so the USDA can put a representative on post to assist Soldier families and region-

al businesses in securing the loans. Building 384 is the tentative location for the USDA Office, Hoefner said.

Rural housing programs include guaranteed and direct loans to build or buy single-family

See Housing, Page 2

## Doing it right

### Visitors advise on urban training

*By April Blackmon*

Staff writer

Fort Riley Soldiers preparing to deploy to Iraq received some assistance and advice from Fort Polk, La., last week.

Five representatives from the Joint Readiness Training Center at Fort Polk spent June 27-30 at Fort Riley teaching Soldiers basic urban operations.

Various elements of the 1st Brigade, 1st Infantry Division, participated in the training at Fort Riley's Military Operations on Urban Terrain, or MOUT, site at Camp Forsyth and the mini-MOUT site at Training Area 44.

The instructors were brought in to facilitate training on entering and clearing a room and entire building as well as safety issues, such as not pointing the weapon's muzzle at a comrade, keeping weapons on safe until needed, etc.

The training helps 1st Bde. Soldiers prepare for their August rotation to the Joint Readiness Training Center at Fort Polk and their upcoming deployment to Iraq, said Staff Sgt. Johnny Canley, range safety officer for Company A, 1st Engineer Battalion.

The OCs (observers/controllers) are here to give us a

See Training, Page 8



Post/Blackmon

Soldiers of Co. A, 1st Eng. Bn., practice room clearing at Fort Riley's Military Operations on Urban Terrain site at Camp Forsyth. They practiced clearing rooms and buildings while using special simulations fired from their weapons. Simulations are rounds with paint ball-like heads that mark a Soldier who has been hit. The rounds will sting Soldiers when they hit, letting them know where they are injured.

## Simunitions add sting to training

### Paint bullets mark training exercise

*By April Blackmon*

Staff writer

Soldiers training at Fort Riley's MOUT site last week had the opportunity to practice with new weapons and "simunitions."

Simunitions are paintball-based ammunition designed to provide more realistic training. Unlike the beep-when-you're-shot Multiple Integrated Laser System, or MILES, gear traditionally used, Soldiers can see and feel when they've been hit with simunition rounds.

"There's no denying if it's faulty equipment. With the MILES equipment, sometimes just signals in the air can set the beep or off. This stuff right here, you're actually

See Paint bullets, Page 8



Specs. Glenn Harris (left) and Nathan Seering of Btry. A, 1st Bn., 5th FA, put on protective gear before training with simunitions at Fort Riley's MOUT site. Post/Blackmon

## Combat units case colors

### Engineers inactivate, move to other organizations

*By Stephanie Perrin*

Staff writer

Just one day shy of the group's 30th year of service at Fort Riley, the 937th Engineer Group Headquarters furlled and caused its colors at an inactivation ceremony June 30. The ceremony marked the end of the unit's longest activation period.

The 937th Eng. Grp. Headquarters and the 568th Engineer Company formally inactivated at the 9:30 a.m. ceremony, relocated earlier that morning to Hangar 817 because of the looming rain clouds over Cavalry Parade Field.

The inactivation supports the balancing of U.S. Army forces to meet future operational requirements, according to a Fort Riley spokesman. Approximately 65 Soldiers of the 937th Eng. Grp. Headquarters and 160 of the 568th Eng. Co. will be reassigned to various other units where their occupational specialties are needed.

Maj. Gen. Dennis Hardy, commanding general, 24th Infantry Division (Mech) and Fort Riley, and Col. William Perkins, 937th Eng. Grp. Commander, offered remarks to the units' Soldiers and family members.

The group originally activated in 1942 as the 937th Engineer Aviation Camouflage Battalion. The battalion

See Flag cased, Page 4

## 82nd Med. Co. Soldier found dead at 'home'

*Staff report*

A Soldier found dead in his Fort Riley quarters June 29 has been identified as Spec. Stephen Madison. He was assigned to the 82nd Medical Company (Air Ambulance), 541st Maintenance Battalion.

Madison, 23, is from Corinth, N.Y. He entered the Army in January 2001 and came to Fort Riley in August that year. He worked as a UH60 Black Hawk helicopter mechanic.

Madison served two deployments in Iraq with the 82nd Med. Co. as part of Operation Iraqi Freedom.

An investigation is under way into the cause of his death but no foul play is suspected.



## Post news in brief

### Late, early guests need two IDs

Soldiers and civilians in the Fort Riley and Junction City area have become familiar with identity checks when entering post access points. Visitors arriving at night, however, can expect different checking requirements than in the daytime.

"All persons are required to show two forms of identification for installation access between 10 p.m. and 5 a.m. daily, one of which must be a photo ID," Installation Force Protection Officer Larry Duch said.

Civilian personnel without Department of Defense issued cards may use Social Security cards, drivers licenses, credit cards or student ID cards as their forms of identification.

Tourists and visitors may obtain a day pass at one of the security gates, free of charge, by presenting a drivers license, a vehicle registration number and proof of insurance.

Day passes to non-DoD registered vehicles allow temporary access onto base and are valid until midnight of the same day.

Concerning ID checks for family members, the Civil Liaison for Provost Marshal Ray Coffey said all family members ages 10 and older are required to obtain ID cards. Family members under 18 are not required to show their ID at the access points, but should be prepared to show them.

How does this affect the access points? Condition Alpha, as Duch said, requires an "increase in spot security checks of vehicles and persons entering government installations."

Even with two forms of identification, the post Anti-Terrorism Officer Robert Ruskiewicz recommends that all visitors be ready for additional, random inspections and to plan their schedules accordingly. Ruskiewicz also recommends families on base meet their guests at the gates and escort them onto post after obtaining their passes.

### Sergeant's time changes

Since July 7, Sergeant's Training Time is being conducted on Thursdays instead of Fridays. The schedule for all Fort Riley units is:

**6:30 to 7:30 a.m.** – Physical training  
**7:30 to 9 a.m.** – Personal hygiene

**9 a.m. to noon** – Sergeant's Training Time

**Noon to 1 p.m.** – Lunch  
**1 to 3:30 p.m.** – Sergeant's Training Time

**3:30 to 4 p.m.** – Work call  
**4 to 5 p.m.** – Battery and company training meetings

**5 p.m.** – Close of Business Formation/Retreat

### Legal office plans to close

Fort Riley's Staff Judge Advocate's Office will close all day July 15 to celebrate its organization day.

For more information, call 239-3117 or 239-6175.

### Hospital alters shots policy

In accordance with federal laws and hospital accreditation organizations, Irwin Army Community Hospital requires its pharmacists to review medications for duplication, appropriate use, contraindications, drug interactions, etc., before administration of Depo Provera and Vitamin B-12 (cyanocobalamin) shots.

Effective immediately patients are required to obtain their Depo-Provera and Vitamin B-12 shots from Outpatient Pharmacy and take the medication to the Immunization or OB/GYN Clinic for the shot to be administered. This ensures all safety steps have been taken by provider, pharmacist and nurse before administration.

This ensures that no patient inadvertently receives a medication that is no longer indicated.



Post/Heronemus

USDA Rural Development Undersecretary Gilbert Gonzalez (left) and Maj. Gen. Dennis Hardy, commanding general, 24th Inf. Div. (Mech) and Fort Riley, sign a memorandum of understanding that set up a cooperative partnership June 27 that will help Fort Riley military families build or buy homes in the region. Additionally, Deputy Garrison Commander Linda Hoeffner (far right) and USDA State Rural Development Director Chuck Banks (rear left) were a part of the signing ceremony. U.S. Sen. Pat Roberts (center right) announced an extra \$25 million appropriation for USDA guaranteed and direct home loans. U.S. Rep. Jerry Moran also took part in the ceremony.

## Housing

continued from page 1

homes, repair grants and loans to remove health and safety hazards from owner-occupied single-family homes and other assistance for multi-family housing projects.

USDA guarantees to pay off loans that established financial institutions, such as banks, make to qualified borrowers if the borrower defaults on the loan. USDA also loans money directly to qualified homebuilders and buyers.

Soldier families must make no more than 115 percent of the median income reported for the county in which they want to

build or buy a home. They must make no more than 80 percent of the median income for the county to qualify for a direct loan.

To qualify for guaranteed loans in Clay, Dickinson, Geary, Morris and Riley Counties, a military family of three people would have to make less than \$60,050 a year.

To qualify for direct loans, a family of three would have to make less than \$40,150 to build or

buy a home in Clay, Geary or Morris County. They would have to make less than \$45,450 to buy or build in Riley County and less

than \$41,700 to buy or build in Dickinson County.

USDA Rural Development assistance goes to individuals or developers building, buying or renovating dwellings in non-metropolitan areas with populations of 20,000 people or less. Junction City's population in the 2000 Census was 18,886. Manhattan's estimated population is 44,800.

Cities in the region meeting the population restriction would include Milford, Chapman, Wakefield, Herington and White City, among others.

# General returns to lead 1st Div.

## Special to the Post

Maj. Gen. John R.S. Batiste relinquished command of the 1st Infantry Division to Maj. Gen. Kenneth W. Hunzeker as Soldiers, civilians and family members looked on at a ceremony in Germany June 20.

Batiste's next assignment will be as a V Corps deputy commanding general.

Batiste noted that he had served with Hunzeker before, and he said the division would be in good hands.

"He comes very well qualified," Batiste said. "There is no one I would rather be standing with here today."

"Michelle and I are certainly thrilled for Ken and Patty, but we are also thrilled for the Soldiers, family members and civilians of the division. You have all been blessed in ways that you will soon realize."

Hunzeker served as commander of the 1st Division Artillery Brigade in the late 1990s, and he said he's glad to be back.



Maj. Gen. Hunzeker

#### MANHATTAN PERIODONTICS

2 x 2"  
Black Only  
2x2 Man Perio TF 7/3 4610 jc

#### SCREEN MACHINE

2 x 2"  
Black Only  
2x2 Screen Mach July TF

#### PATTERSON & TRUITT

2 x 4"  
Black Only  
2x4 Nail Damage

#### THE MARTIN AGENCY

4 x 10"  
Black Only  
Attel/506200056/6019 KS

#### THE COLUMBIAN

2 x 6"  
Black Only  
2x6 Columbian 6/26 4684 pk





Staff Sgt. Anthony Daniels (bottom) of the 70th Eng. Bn. uses his legs to keep 1st Lt. Dustin Gilfoil of 1st Bn., 16th Inf., from getting any advantage during their 25-minute fight to see who would be named Heavyweight Honor Graduate in the recent Level II Army Modern Combatives class.

Post/Heronemus



Spc. Adrian Delacruz (left) of Co. B, 1st Bn., 16th Inf., tries to "walk" out of a hold by his opponent in the fight that determined the lightweight match of the Level II Army Modern Combatives course taught at Long Gym. Delacruz defeated Sgt. Adam Rose of the 331st Sig. Co. to be named honor graduate.

Post/Heronemus

# Students fight to become honor graduates

Combatives course pits best Soldiers against each other for graduation distinction

By Mike Heronemus  
Editor

Two Fort Riley Soldiers fought their way to the top of their class June 29, using chokeholds to defeat their closest rivals.

Staff Sgt. Anthony Daniels of the 70th Engineer Battalion earned distinction as Heavyweight Honor Graduate for the second Army Modern Combatives Level II class taught at Fort Riley.

Spc. Adrian Delacruz of Company B, 1st Battalion, 16th Infantry, defeated his rival to become Lightweight Honor Graduate for the class.

Modern combatives teaches Soldiers techniques they can use to overcome the enemy when faced with hand-to-hand fighting situations. Those techniques are important to any Soldier going to Iraq, Daniels said.

He found himself and fellow engineers performing infantry-type patrol missions while in Iraq, Daniels said.

"You never know what you'll face. If you go through the door and your gun jams, you still have to take him down," he said about finding an insurgent while clearing a building.

Sgt. Adam Rose of the 331st Signal Company lost his light-

weight fight to Delacruz, but he praises the course's content.

"It teaches a lot about basic fighting. It teaches you how to take control and take your opponent to the ground. That's what about 90 percent of fighting is about," he said.

Delacruz used a "rear naked choke" to overcome Rose in their fight. Both Soldiers wrestled in high school and both match up evenly in strength, but "he got me from behind, and that's where he prevails," Rose said.

Delacruz said he might have had a slight advantage over Rose because he had been practicing a lot when not in class. The class

ran eight hours a day for two weeks and ended June 30.

"It may not look like you're doing anything but rolling around," Delacruz said about the fighting that determined the class's top graduates.

"But every little move you are trying to get the advantage and it exhausts you. Even when I was pounding his ribs, (Rose) was laughing because it was exhausting me," the lightweight champ said.

Daniels took much longer than Delacruz to earn his honor graduate title. The fight went on about 25 minutes until he finally used a "Peruvian necktie" choke to

defeat 1st Lt. Dustin Gilfoil of 1st Bn., 16th Inf.

The heavyweights fought more roughly than the lightweights, using a lot of open hand slaps and punches that echoed through Long gym.

The heat in the gym played a role in sapping each fighter's stamina, and Daniels had that in mind from the start of his fight. "I expected him to get winded before me, but he didn't," he said afterward.

He and Gilfoil compete against each other often, Daniels said. "He usually gets the best of me," the staff sergeant admitted. The difference July 29 was "my moti-

vation to not quit," he said.

Graduates of the two-week Level II course qualify to teach combatives in their units, said course instructor David Durnil. He is a Cloud County Community College instructor who teaches the combatives courses as part of the Troop Schools program of Fort Riley's Education Services.

The one-week Level I combatives course demands more from students physically, Durnil said. Students often get hurt.

The Level II course equips graduates with more techniques and more moves to defeat an opponent in hand-to-hand fighting, he said.

MILITARY ONESOURCE-AFC  
6 x 11"  
Black Only  
579970 Call Anytime 24/7





Post/Blackmon

Command Sgt. Maj. Randy Dyson (center) of the 937th Eng. Grp., and Maj. Gen. Dennis Hardy, commanding general of the 24th Inf. Div. (Mech) and Fort Riley, roll up the 937th's colors after Col. William "Eddie" Perkins, commander of the 937th, presented the unit colors. The headquarter's colors were furled and cased June 4 during an inactivation ceremony in Hangar 817 on Marshall Army Air Field.

## Flag cased

continued from page 1

ion deployed in World War II and earned streamers for Normandy, Northern France, Rhineland and Ardennes-Alsace campaigns. The group experienced its first inactivation in November 1945 at Camp Patrick Henry, Va.

On Jan. 20, 1947, the group was redesignated as Headquarters and Headquarters and Service Company, 937th Engineer Aviation Group, and activated in February at McDill Field, Fla. The battalion was inactivated in June 1953 at Orlando Air Force Base, Fla.

The group was redesignated and activated at Fort Campbell, Ky., in March 1955 as HHC, 937th Eng. Grp. It deployed to Qui Nhon, Vietnam, and consisted of 11 separate companies, five battalions and one detachment.

The group inactivated in Pleiku, Vietnam, in September 1971 after earning two Meritorious Unit Citations and the Vietnamese Civil Action Honor Medal.

The unit reactivated at Fort Riley in July 1975 as HHC, 937th Eng. Grp. (Combat). The group later deployed in support of Operation Desert Shield and Storm.

After returning to Fort Riley, the group continued to provide engineer support and humanitarian assistance around the world. The unit provided disaster relief in the aftermaths of hurricanes Andrew in 1992 and Mitchell in 1998.

The group deployed to Kuwait in 2003 in support of Operation Iraqi Freedom.

The 568th Eng. Co. activated in June 1943 as the 568th Engineer Dump Truck Company at Camp Claiborne, La. The compa-

ny deployed to Guadal Canal in the Solomon Islands from May 1 to Nov. 5, 1945.

The company was awarded a Meritorious Unit Commendation and the Pacific Theater Streamer for its participation in the Ryukyus Campaign.

The unit deactivated in Korea on Feb. 6, 1946.

The company reactivated briefly in Germany from November 1946 through August 1947.

It was then redesignated the 568th Eng. Co. and activated in Germany in 1955. On March 27, 1976, the company was redesignated a combat support equipment company.

In 1979, the company earned the Itchner Award, an annual award for the best Engineer company in the Army.

Germany remained the company's duty station until May 1992, when the 568th moved to Fort Carson, Colo.

From there, the company deployed to Somalia in support of Operation Restore Hope and Operation Continue Hope from May 5 through Sept. 17, 1993.

The company moved to Fort Riley in 1994 and in January 1996 deployed to Haiti in support of Operation Uphold Democracy.

From July 1999 through January 2000, the company deployed to Kosovo in support of Operation Joint Guardian.

The company assisted the 1st Infantry Division's Engineer brigade in constructing the main base camp, Camp Bondsteel, for operations in-theater.

The company received the Army Superior Unit Award for its involvement in the Kosovo Campaign.

By April Blackmon  
Staff writer

Valor earned two Fort Riley Soldiers medals for their actions and 11 others received Purple Hearts for wounds received in Iraq.

The 1st Battalion, 41st Infantry Regiment Soldiers were recognized June 27 on Cavalry Parade Field. Local businesses and organizations, as well as Family Readiness Group leaders, also were honored at the ceremony.

Sgt. Shaun Slone received the Bronze Star with "V" device for his service as an Infantry fire team leader during combat operations in Sadr City, Iraq. He led the effort to recover a disabled Bradley Fighting Vehicle and accomplished the task without any other member of his team being injured or killed. Slone also received a Purple Heart.

Spec. Nicholas Spinks received the Army Commendation Medal with "V" device for valorous achievement during combat operations in Iraq.

Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, presented Lt. Col. David Batchelor, battalion commander, and Battalion Command Sgt. Maj. Alfredo Albizu with the Bronze Star for their leadership, professionalism and performance during combat operations in Iraq.

"We recognize a few individuals, heroes in our midst who have answered their nation's call," Hardy said. "We're honored ... to recognize you today ... you stand with the legions of Americans

MANHATTAN SHOE REPAIR  
1 x 2"  
Black Only  
1X2 MAN SHOE JULY TF 5056

KJCK RADIO  
1 x 2"  
Black Only  
1X2 SPORTING NEWS

VENDREDI'S SHOE PLACE  
2 x 2"  
Black Only  
2X2 Vendredi 6/10 3888 ml

THE MARTIN AGENCY  
4 x 10"  
Black Only  
pu/7/1 50629047

B-TAN  
2 x 2"  
Black Only  
2X2 BTAN 6/22 4530 ML

FLINT HILLS TECHNICAL COLLEGE  
2 x 6"  
Black Only  
13mt-a college degree

# Medals awarded 'heroes'

## 1st Bn., 41st Inf., Soldiers earn valor awards, Purple Hearts



Post/Blackmon

Command Sgt. Maj. Gilbert Canuela, 24th Inf. Div. (Mech) command sergeant major, grips the shoulders of Sgt. Shaun Slone as he talks to him after the 1st Bn., 41st Inf.'s, awards ceremony June 27.

who have gone before ...."

Following the awards presentation, Batchelor spoke to Soldiers, family and friends of Task Force 1st Bn., 41st Inf. He thanked the Soldiers for their year of service in Iraq.

"Stalwarts, I want to thank you personally for your loyalty, selfless service, dedication to duty as you professionally executed your duty in some of the most difficult circumstances," he said.

Batchelor also praised family members for their continued dedication throughout the deployment.

"Thank you to the families

especially, who in many ways have it much tougher than the Soldiers do when we're deployed.

"See, to a large extent, even while in contact, the Soldier controls the terms of the engagement. But our family members stood back here through erroneous reports, sometimes rumor and many times just poor media coverage on television. So families, thank you for your support," Batchelor said.

Support from the local community was greatly appreciated by the battalion's Soldiers and families, Batchelor said.

"I know with so many Soldiers



Post/Blackmon

Sgt. Shaun Slone, 1st Bn., 41st Inf., wears the Bronze Star Medal with "V" device and Purple Heart awarded him.

deployed over the past two years, you're a resource that's been tapped time and again. But your support is a reflection of the best kind of patriotism our country has to offer and, frankly, is the main reason I wanted to come back to Fort Riley," he said.

Purple Heart recipients were: Staff Sgt. George Embrey, Staff Sgt. William Lallencment, Sgt. Van Buren Kahler (second award), Sgt. James Ogan, Sgt. Shaun Slone, Spec. Trent Brining, Spec. Michael Harryman, Spec. Mark Richardson, Spec. Keith Watson, Pfc. David Droscher and Pfc. Michael Wilson.



# Commentary

Friday, July 8, 2005

Fort Riley Post

Page 5

## Riley Roundtable

### This week's question:

What was your most memorable Fourth of July?



"My first Fourth of July with my baby and my boyfriend."

**Kesta Arnder**  
Baskin Robbins Employee  
Home: Winston-Salem, N.C.



"My family and another family watched the fireworks from a houseboat on the lake."

**Autumn Baldwin**  
Sprint employee  
Home: Salina, Kan.



"When I was in Kuwait two years ago, I was able to meet Arnold Schwarzenegger and have my picture with him. Now he's the governor of my home state."

**Staff Sgt. Daniel Clemons**  
1st Battalion, 41st Infantry  
Home: San Diego, Calif.



"When my husband was here. We haven't been able to spend a Fourth of July together since 1999."

**Julia Jones**  
Military spouse  
Home: Hobart, Okla.



"A few years ago when my family and I went to Disneyland. They had a special Fourth of July celebration with a really nice fireworks and laser show."

**Blanca Sainz**  
Class VI Employee  
Home: Los Angeles, Calif.

### Next week's question:

Now that drivers have had some practice using the roundabouts on Custer Hill, have traffic conditions improved around the PX?

Opinions may be e-mailed to the editor at [mike.heronemus@riley.army.mil](mailto:mike.heronemus@riley.army.mil) or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

By Capt. Steve Alvarez  
U.S. Army

WASHINGTON, D.C. — When I came home from Iraq a couple of months ago, I kept the promise I made while I was still there: I wouldn't watch the news, and I'd step away from the war, ignoring the events that had consumed my life 24 hours a day, seven days a week. It was time to catch up with my family and make them the focus of my life 24/7.

For about a month I was able to successfully ignore the constant horrid imagery and sensational reports filed from Iraq. But as a public affairs officer and self-proclaimed news junkie, I soon found myself scanning headlines on the Web and tuning into radio news programs, instead of my favorite jazz station.

I don't think the charred skeletal remains of a vehicle-borne

explosive device are the watermark of this war. The images I see back here are not the same indelible images I saw in Iraq — those of a resilient country making its way back from decades of oppression — helped by the many friendly nations that liberated them.

Someday, probably decades from now, the actions of this generation and its brave men and women will grace history books. The lesson, I'm confident, will be that they left a peaceful and productive imprint on the region and its people and forever changed the landscape of the Middle East.

Despite what is being reported and what is reflected in media opinion polls, there is no doubt in my mind that the public is behind the troops in Iraq.

While I was in Iraq, I received hundreds of Christmas cards from students at an elementary school and from members of a

church in Florida. A sorority from Indiana sent dozens of letters and cards of support, and Americans from all over the country sent me e-mails from places like Chicago, Sacramento and Texas, just to name a few.

Wool caps made by an Internet knitting club kept me warm during the cold winter months in Iraq and donated phone cards kept me in touch with my family who waited for me more than 6,000 miles away.

Care packages stuffed with goodies and comfort items were never in short supply at our command. In fact, we had to appoint a "morale sergeant" to manage all of the goodwill pouring into our compound.

When I came home in uniform on R&R, strangers approached me at the airport and shook my hand, patted me on the back and thanked me. Airline employees did what they could, offering passes to their VIP lounges and

upgrades to first class, and those airlines who had nothing to offer did what they could — extra pillows, fistfuls of peanut or pretzel bags and free headsets. But their "thanks" alone was enough for me.

Ask any returning war veteran and I'm sure you'll find their experience was similar. At one point I was so overwhelmed by the outpouring that I found myself in an airport restroom trying to keep my composure after a mother walked passed me with her two sons and one of them said aloud, "Thank you, Soldier," his brother waving at me.

My personal opinion poll has found, plus or minus a few percentage points, that the American people unconditionally support the Soldiers in Iraq. I arrive at this conclusion having experienced their support firsthand and having been held in their warm embrace upon my return from the war.

### How do Americans feel?

## Support for U.S. troops never stronger

### Straight talk about dental health

## Numerous causes lead to mouth disease

By Michael G. Moyer  
Periodontist

Periodontal (gum) diseases, including gingivitis and periodontitis, are serious infections that, left untreated, can lead to tooth loss.

The word "periodontal" literally

means "around the tooth."

Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth. Periodontal disease can affect one tooth or many teeth.

The main cause of periodontal disease is bacterial plaque, a sticky, colorless film that constantly forms on your teeth. However, the following factors also affect the health of your gums:

- **Smoking and tobacco use.** As you probably already know, tobacco use is linked with many serious illnesses, such as cancer, lung disease and heart disease, as well as numerous other health problems.

What you may not know is that tobacco users also are at increased risk for periodontal disease. Recent studies have shown that tobacco use may be one of the most significant risk factors in the development and progression of periodontal disease.

- **Genetics.** Research proves that up to 30 percent of the population may be genetically susceptible to gum disease. Despite aggressive oral care habits, these people may be six times more likely to develop periodontal disease. Identifying these people with a genetic test

before they even show signs of the disease and getting them into early interceptive treatment may help them keep their teeth for a lifetime.

- **Pregnancy and puberty.**

Women's health needs are unique. At specific times in their lives, women need to take extra care of themselves, during puberty or menopause and others times, such as menstruation or pregnancy, for example. During these particular times, a woman's body experiences hormonal changes. These changes can affect many of the tissues in their bodies, including their gums.

Gums can become sensitive and at times react strongly to the hormonal fluctuations. This may make a woman more susceptible to gum disease.

Additionally, recent studies suggest that pregnant women with gum disease are seven times more likely to deliver preterm, low birth weight babies.

- **Stress.** Stress is linked to many serious conditions, such as hypertension, cancer and numerous other health problems. Stress also is a risk factor for periodontal disease.

Research demonstrates that stress can make it more difficult for the body to fight off infection, including periodontal diseases.

- **Medications.** Some drugs, such as oral contraceptives, anti-depressants and certain heart medicines, can affect oral health. Just as you

notify your pharmacist and other health care providers of all medicines you are taking and any changes in your overall health, you should also inform your dental care provider.

- **Clenching or grinding your teeth.**

Clenching or grinding your teeth can put excess force on the supporting tissues of the teeth and could speed up the rate at which these periodontal tissues are destroyed.

- **Diabetes.** Diabetes is a disease that causes altered levels of sugar in the blood. Diabetes develops from either a deficiency in insulin production (a hormone that is the key component in the body's ability to use blood sugars) or the body's inability to use insulin correctly.

If you are diabetic, you are at higher risk for developing infections, including periodontal diseases. These infections can impair the ability to process or utilize insulin, which may cause your diabetes to be more difficult

to control and your infection to be more severe than a non-diabetic.

- **Poor nutrition.**

A diet low in important nutrients can compromise the body's immune system and make it harder for the body to fight off infection. Because periodontal disease is a serious infection, poor nutrition can worsen the condition of your gums.

- **Other systemic diseases.**

Diseases that interfere with the body's immune system may worsen the condition of the gums.

Grunt By Wayne Ulden



### FORT RILEY POST

This newspaper is an authorized publication for members of the Army. The contents of the Fort Riley Post are not necessarily the official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army or Fort Riley. The Fort Riley Post is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited and provided by the Public Affairs Office and Fort Riley. The Fort Riley Post is published by Montgomery Communications, a private firm in no way connected with the Army, under exclusive written contract with Fort Riley.

Publisher-Maj. Gen. Dennis Hardy  
Public Affairs Officer-Maj. Jeffrey Buczkowski  
Command Information Officer-Gary Skidmore  
Printer-John G. Montgomery  
Fort Riley Editorial Staff:  
Editor-Mike Heronemus  
Staff writers-April Blackmon, Stephanie Perrin, Eric Steggeman  
Advertising Representatives:  
Monica Lloyd, Amanda Wilse

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Montgomery Communications of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

For business or advertising matters, call The Daily Union in Junction City at (785) 762-5000. For news offerings, call the Fort Riley Public Affairs Office at (785) 239-8854 or DSN 856-8854, or write to the Public Affairs Office Bldg. 405, Fort Riley, KS 66442-5016.

Circulation 8,800 copies each week

By mail \$20 per year  
A licensed newspaper member of the Junction City and Manhattan chambers of commerce

## Post Reader Feedback Form

### How does the Post rate?

	Poor	Fair	Good
Interesting articles .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Valuable information .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mix of unit, community news .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Photo coverage of events .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sports coverage .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Entertainment coverage .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Travel coverage .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Availability of paper .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Easy to read, understand .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your opinion is important to the Post editor and staff. Please take a moment to tell us how well we are doing our job of keeping you informed about what is happening at Fort Riley. Fax the form to (785) 239-2592 or clip and mail this form to Editor, Public Affairs Office, Building 405, Fort Riley, KS 66442, or drop the form at building 405. You may also send your opinions to the staff by e-mail at [mike.heronemus@riley.army.mil](mailto:mike.heronemus@riley.army.mil).

### What are your concerns or suggestions for improvement?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Your name (optional) and phone number (if you would like to talk about your ideas): \_\_\_\_\_



# Soldiers receive new badge

By Cheryl Boujnida  
Army News Service

WASHINGTON, D.C. — Army Chief of Staff Gen. Peter J. Schoomaker awarded the Army's new Combat Action Badge for the first time June 29 to five Soldiers who engaged in combat with the enemy.

The badges were presented at a Pentagon ceremony.

The CAB, approved by Schoomaker in May, was created by the Army's leadership to recognize all Soldiers in combat. Soldiers engaged in the War on Terrorism since Sept. 18, 2001, are retroactively eligible to receive the award.

"Today is an historical day for the Army. These Soldiers, who represent our total Army, know what being a Soldier and a warrior stands for," Schoomaker said. "The Soldiers standing here have earned the right to be American — they have walked the walk, they stand for nobility and they represent the Warrior Ethos."

Schoomaker and Sgt. Maj. of the Army Kenneth O. Preston presented Combat Action Badges to:

- Sgt. Michael Buyas, Company C, 1st Battalion, 5th Infantry Regiment, 25th Infantry Division
- Sgt. Manuel J. Montano, 21st Military Police Company
- Sgt. Sean Steans, 377th Transportation Company, 3rd COSCOM
- Army Reserve Sgt. April Pashley, 404th Civil Affairs Battalion
- Army National Guard Sgt. Timothy Gustafson, 1st Battalion, 278th Regimental Combat Team

"These Soldiers are a reflection of the Army team fighting the Global War on Terrorism," Preston said. "Sit down and talk with any one of them and you'll find they are Americans who chose to be a part of something bigger than their selves and serve our nation at large."

About 100 ceremony attendees congratulated the Army's first CAB recipients standing in front of the Warrior Ethos display. Four

of the five awardees were wounded in combat. Buyas, a native of Orondo, Wash., lost both legs when enemy forces detonated an improvised explosive device while he was on security patrol in a Stryker vehicle near Mosul, Iraq, Dec. 23.

"After being in a coma for 12 days, I woke up on New Year's Eve. I made it my New Year's resolution that I would one day walk again," he said.

Buyas, who said he is coping with his injuries and plans to attend law school at the University of Washington next year, was honored to be one of the first recipients of the award.

"Words can't describe how I feel today. I am proud to be the first in a long line of Soldiers," Buyas said.

"I'm not the first to earn this award and I am glad that it will be retroactively awarded - it's important to take care of all Soldiers who served in combat too," he said.

Gustafson, originally from Leavenworth, Kan, lost part of his right leg while he was conducting a pipeline security mission. Enemy forces detonated an improvised explosive device near his "Humvee."

He said that his life has been an adjustment period. "I'm learning to walk all over again. Sometimes when I am lying in bed and try to stand up, it strikes me that I am an amputee."

"I continue to enjoy life and look forward to sharing it with my wife with the new twist that God

has given us," Gustafson said.

"I don't know if the terrorists understand the type of life we are fighting for but I think they will understand in the long run."

Pashley, the first Army woman to receive the award, was performing duties as a guard on the rooftop of a building housing Coalition Forces when armed insurgents attacked using 106mm rockets.

She continued to perform her defensive duties without hesitation as rounds landed within 100 to 150 meters of her position.

"This was the job I chose to do and I do so with pride. Seeing the changes in the Iraqi people during my 15-month deployment was really something. To see the excitement in their eyes made me proud to be a Soldier," Pashley said.



Post/Skidmore

## Welcome sign

Loved ones wave a sign for their Soldier returning with the trail party of Task Force 1st Battalion, 41st Infantry, at a welcome home ceremony June 30 in Hangar 817 at Marshall Army Air Field. Task Force 1-41's trail party consisted of the last task force Soldiers to return from a year's rotation in Iraq.

KANSAS PRESS

2 x 2"

Black Only

Leisure Hotels Branson

CITY OF MANHATTAN

2 x 3"

Black Only

2x3 city of man arts and park

SETH CHILD CINEMAS

2 x 5.5"

Black Only

2X5.5 SETH CHILD JULY TF

1 col x 3"  
Cottonwood

CRUMS

2 x 3"

Black Only

2X3 Crums 7/3 5079 ml

USAA CORPORATE ADVERTISING

4 x 10"

Black Only

PU 6/24 581231

KANSAS PRESS

2 x 4"

Black Only

pawnee

2 cols x 6"  
Faith Furniture





# Suspected terrorist kills self, three more

WASHINGTON, D.C. (American Forces Press Service) – One man was killed and three others detained after they were caught trying to plant improvised explosive devices in northern Iraq July 4, military officials in Baghdad reported.

In Tal Afar, the military said, soldiers of Task Force Freedom's 2nd Squadron, 3rd Armored Cavalry Regiment, killed one suspected terrorist they witnessed placing an IED. A similar incident in northern Mosul led to the arrest of three more individuals by soldiers of the 3rd Battalion, 21st Infantry Regiment.

Iraqi army soldiers detained 152 suspected terrorists July 4 during search operations in Baghdad. Coalition Soldiers assisted the 3rd Brigade, 6th Iraqi Army Division, in the early morning operation. Six Egyptians were among foreign fighters detained, officials said.

Soldiers from 1st Battalion, 5th Infantry Regiment, detained two people suspected of terrorist activity July 4 at a checkpoint in eastern Mosul.

Iraqi police discovered an anti-aircraft missile system near Diwaniyah on July 4. An Iraqi explosive ordnance disposal team and a Coalition quick-reaction force removed the device, described as a portable, shoulder-launched, low-altitude SA-7A missile system.

## Doctor who aided al Qaeda captured

WASHINGTON, D.C. (American Forces Press Service) – An Iraqi doctor who helped plan and



carry out terrorist attacks and cared for al Qaeda members wounded in fighting has been captured, military officials in Baghdad announced July 3.

Safa Ali Chiad Mashul, also known as Dr. Mushin or Abu Sayf, was arrested June 21 during a raid in the Baghdad area, officials said.

He worked for the recently captured Abu Aqil and helped plan, coordinate and conduct terrorist attacks and operations, including kidnappings in Baghdad, the military said. The doctor, who speaks fluent English, also treated kidnapped hostages and acted as an interrogator.

The military said Mashul also is responsible for receiving and disbursing ransom funds collected from the kidnappings.

## Forces nab suspects, find weapons caches

WASHINGTON, D.C. (American Forces Press Service) – Multinational forces of 1st Brigade, 25th Infantry Division (Stryker Brigade Combat Team), detained 12 suspected terrorists and seized weapons in Mosul,

Iraq, June 30.

Soldiers of 1st Battalion, 5th Infantry Regiment, detained 10 individuals suspected of terrorist activity during three separate operations in southern Mosul.

Soldiers of 3rd Battalion, 21st Infantry Regiment, detained one individual suspected of terrorist activity and seized weapons during two separate operations.

## NATO deploys Quick Reaction Force

KABUL, Afghanistan (Army News Service) – NATO's International Security Assistance Force has deployed its Quick Reaction Force to the area of the Farah provincial reconstruction team in western Afghanistan, an ISAF spokesman reported June 29.

Canadian Lt. Col. Karen Tissot Van Patot said the deployment was designed to increase ISAF visibility and awareness in the area and joint patrols were conducted with the Afghan National Army.

Over the course of a week, ISAF forces discovered several weapons caches, including one uncovered by the German battle

group in Bagram, Tissot Van Patot said.

The cache uncovered by the Germans included 23 rocket-propelled grenade rounds, 40 RPG propelling charges, a pistol, two 82mm mortar grenades and a machine gun designed to be mounted on an armored or tracked vehicle.

## Task Force Liberty seizes weapons

WASHINGTON, D.C. (American Forces Press Service) – Task Force Liberty Soldiers seized a number of weapons and found a pair of weapons caches in north central Iraq June 29, military officials in Baghdad reported.

The 3rd Brigade Combat Team conducted an operation in the Baqubah area, seizing three improvised explosive device firing mechanisms, six rocket-propelled grenades, a machine gun, a sniper rifle and five AK-47 assault rifles.

Soldiers of the 1st Brigade Combat Team found a cache with 20 60mm mortar rounds and 36 57mm anti-aircraft rounds near Samarra.

Elsewhere, Iraq security forces and about 1,000 Marines, Sailors and Soldiers from Regimental Combat Team 2, made up of elements of 2nd Marine Regiment and 2nd Brigade Combat Team of the 2nd Marine Division, continued a security operation in Iraq's Anbar province.

Operation Saif – Arabic for "Sword" – began early June 28 to clear the area along the Euphrates River between the cities of Haditha and Hit of terrorists and

foreign fighters.

## Flood-trapped Afghans rescued

BAGRAM AIRFIELD, Afghanistan (Army News Service) – The Afghan National Army and local government officials coordinated efforts with Coalition forces June 23 to rescue 119 Afghans stranded on a small island by floodwaters.

A Coalition helicopter lifted the stranded Afghans to safety as waters rose on the Indus River near Mehtar Lam in the Logman province. A dam upstream gave way, sending water downstream and trapping the group.

"This is a perfect example of the Afghan government taking the lead, working with Afghan National Army and Coalition forces to save lives," said Lt. Col. Jerry O'Hara, Combined Joint Task Force-76 spokesman. "We are continuing to work with the government of Afghanistan to ensure the people displaced by this tragic disaster receive the aid they need."

## Terror suspects captured in Iraq

WASHINGTON, D.C. (American Forces Press Service) – Iraqi security forces detained eight suspected terrorists June 29 in eastern Baghdad during combined operations, military officials in Iraq reported.

Seven of the suspects were found with material used for the production and emplacement of roadside bombs. One had false

Palestinian documents.

Elsewhere, an Iraqi army unit captured five suspected terrorists June 28 after an Iraqi citizen told the soldiers about a terrorist safe house in northern Baghdad's Rabi district. The Iraqi soldiers found two rocket-propelled grenade launchers and two RPG rounds in addition to the five suspects. The five terror suspects were taken into custody for questioning.

"Hotline and in-person tips have increased greatly," said Lt. Col. Clifford Kent, a Task Force Baghdad spokesman. "A big reason for the increase in tips is because of the Iraqi soldiers taking the lead during raids and operations. The Iraqis will talk to their own soldiers much more readily than to Coalition forces."

In other combat operations June 28, a Task Force Baghdad patrol in south Baghdad struck a roadside bomb at around 10:55 a.m. No one was injured in the attack, and no equipment was damaged.

After securing the area, the Soldiers noticed detonation cord leading from the bomb and followed the cord to a house about 200 yards away. The unit found seven people acting suspiciously and took them into custody.

Earlier in the day, a task force patrol working in northeastern Baghdad's Thawra district also struck a roadside bomb. No one was injured in the attack, and another coalition unit operating nearby helped secure the area and search for the attacker.

The Soldiers caught a man near the blast site with \$1,000 in sequential U.S. bills.





*Post/Blackmon*  
Sgt. 1st Class Eric Griffin (left), urban operations group NCOIC at the Joint Readiness Training Center at Fort Polk, La., gives Soldiers of the 1st Eng. Bn. and 1st Bn., 5th FA, instructions on room clearing at Fort Riley's MOUT site.

## Paint bullets continued from page 1

going to see the rounds, see the impacts and the individual's going to know that they've been hit," said Staff Sgt. Johnny Carnley of Company A, 1st Engineer Battalion. "It'll provide a more realistic effect."

"This equipment is excellent because it'll sting you so you can feel where you get hit so it gives more realism to the training," said Sgt. 1st Class Eric Griffin, urban operations noncommissioned-officer-in-charge at Fort Polk, La.'s, Joint Readiness Training

Center. "And with safety issues, safety mitigation, this is a great way to ... identify weak shooters or unsafe shooters. It's not like the MILES game where they can hide behind a twig and not get killed. Here, there's cause and effect for everything they do."

The simulations are soap-based 5.56 mm rounds. The projectile has a plastic casing and the round is fired with a firing pin, Carnley said.

Simulation rounds can cause injuries, Carnley said, so extra

safety precautions are set in place. Every inch of exposed skin must be covered. In addition to flak vests, Soldiers wear specialized facemasks, helmets and neck pads. Anyone not in full protective gear must be at least 150 feet away from the action. Shots may be fired at a minimum distance of five feet from the muzzle of the weapon.

"With these sim rounds, it actually could be dangerous ... You need protective equipment," Carnley said.



*Post/Blackmon*  
Spc. Josh Basinger (center), Pfc. David Bauman (left rear) and other Soldiers involved in training for conducting missions in urban environments load simulations into their weapons' cartridges before donning protective gear and going through room and building clearing scenarios.

VISION CORRECTION CENTER  
3 x 8"  
Black Only  
Roll Color

## Training continued from page 1

little heads-up on what to expect at JRTC, to also help us with the training kind of compared to what we'll be going through at JRTC," Carnley said.

"This training also provides a realistic effect as what we'll see on a deployment," Carnley said.

"My last rotation in Iraq, we weren't doing your typical engineer-type stuff. We did a lot of cache searches, weapons seizures. We cleared houses, stuff like that," he said.

Room clearing and urbanized operations have become a vital focus for Soldiers preparing for an Iraq rotation because that's what they will be facing, said Sgt. 1st Class Eric Griffin, urban operations group noncommissioned-officer-in-charge at JRTC.

"At OIF today and Afghanistan, everything is close quarters, everything is urban operations - moving from build-

ing to building, room clearing techniques. And that's where a lot of Soldiers are getting shot, wounded and killed in combat today," Griffin said. "Regardless of what your MOS is - if you're a tanker, field artillery, engineer - now-a-days, everyone's an infantryman and everyone's clearing rooms."

The instructors started with basic classes on room clearing. A four-man team practiced entering a "glass house," basically a section of land marked off by engineer tape to simulate a room.

The team walked through the steps, demonstrating what "right looks like," Griffin said. The instructors weren't there to run the training but to give an overview, provide guidance and

answer questions.

"A lot of them don't have a full understanding of what ... they're supposed to be doing in the rooms and in and around the buildings. So basically we're sticking with 'keep it simple, stupid,' doing the basic fundamentals, the basic room clearing techniques and teaching them the basics and answer any questions they have," Griffin said.

Having an extra pair of eyes to observe the Soldiers' train is helpful, said 1st Lt. Mike Hastings, 2nd Platoon leader for Battery A, 1st Battalion, 5th Field Artillery.

"They're here to observe, assess and coach us. They're able to point out points we're not able to see because we're involved with our unit," Hastings said.

CANDLEWOOD HEALTH MART PHARMAC  
2 x 2"  
Black Only  
2X2 Candlewood TF June ml



*Post/Blackmon*  
Simulations rounds with paint tips lie in the grass before being loaded into weapons cartridges.

PRAIRIE HANG CYCLE & LEATHER,  
1 x 1.5"  
Black Only  
1X1.5 Prairiehang 7/8 4605

PARAMOUNT-ARMED FORCES  
3 x 10.5"  
Black Only  
#572207/Mar of the Worlds



# Fort Riley Sports & Recreation

Friday, July 8, 2005

America's Warfighting Center

Page 9

## Sports news in brief

### Royals offer discount tickets

The Kansas City Royals will offer discounted tickets to any member, friend or associate of military communities in the state when they play the Oakland Athletics at 6:10 p.m. Aug. 6.

Field Plaza tickets will cost \$13, View Box tickets will cost \$8 and Outfield Plaza and View Level Infield tickets will cost \$6.

The first 20,000 fans through the gates will receive free KC Royals Camouflage Floppy Caps. Pre-game festivities will include static displays of military equipment, on-field representation of all service branches and other events.

For more information and tickets, contact Stephen Edwards at (719) 265-5587 or (719) 216-2132 or via e-mail at [steve@unifirstmortgage.com](mailto:steve@unifirstmortgage.com) or [steved51@yahoo.com](mailto:steved51@yahoo.com). Ticket orders must be placed by July 22.

### K-State offers basketball camp

The Jim Wooldridge Basketball Day Camp at Kansas State University in Manhattan will run 9 a.m. to 3 p.m. July 18-21.

Cost is \$115. Registration is available online at [www.k-statesports.com](http://www.k-statesports.com).

For more information, call (785) 532-6531.

### Post pools host family nights

Families can make a real splash and have lots of fun at the Custer Hill and Main Post pools' Family Fun Nights.

Family Fun Night activities include swim, listening to music and frolicking on the giant inflatable obstacle course.

Family Fun Night costs \$5 per family and \$1 for each additional guest (passes not included).

Family Fun Nights will be: July 8, 7 to 9 p.m. at Main Post Pool

July 22, 8 to 10 p.m. at Custer Hill Pool

For more information, call 239-2813.

### Dollar specials on Wednesdays

On Wednesdays from 6 to 10 p.m. now through Aug. 31, Custer Hills Bowling Center will feature all types of dollar specials. Bowlers can buy a \$2 wristband and bowl for \$1 per game. They can rent shoes for \$1 and try some of the snack bar food items for \$1.

For more information, call the bowling center at 239-4366.

### Fun slated with sports

July 12 - 1:30 p.m., company level flag football athletic and recreation representatives meeting

Fridays - 7 to 10 p.m., open session roller skating, Riley Wheels Skating Rink at King Field House

Saturdays - 6 to 8 p.m. and 8 to 10 p.m., open session roller skating (\$1.25 stay-over fee for second session), Riley Wheels Skating Rink at King Field House

Sundays - 2 to 4 p.m., family skate session, \$1 per family member, Riley Wheels Skating Rink

For more information, call 239-2813.

## Outdoor Rec sponsors canoe trips

By April Blackmon  
Staff writer

June 18 seemed like an ideal day for canoeing. The sun was gleaming and the winds were calm. But the river was so swollen from recent rains, and Fort Riley's Outdoor Recreation Center staff considered canceling the planned canoe trip.

Because the higher-than-normal waters didn't pose a major threat to canoers, the trip continued as scheduled.

At about 10 a.m., some 15 people put on lifejackets and grabbed paddles.

In groups of two, three and four, they pushed their canoes into the Kansas River and piled into the boats near the U.S. Highway 24 bridge.

Canoers and their canoes were staggered in the river. Some were way ahead, paddling their way down the river. Others took more time to relax, absorbing the scenery and sunshine.

"My favorite part was going in the current and in the trees," said Carson Gentry, who traveled in a canoe with his mother, Janie, and father, Rick.

For nearly four hours, patrons floated two and a half miles down river. By 2 p.m., everyone had pulled ashore in St. George, marking the end of a four-hour journey.

"It was long, but it was a good time," said Rick Gentry.

The Outdoor Recreation Center has scheduled two more canoe trips this summer - July 30 and Aug. 20. The cost is \$15 per person and includes a canoe, paddles, lifejackets and transportation to and from the center.

For more information or to register, call 239-2363.



Post/Blackmon  
(From left) Carson, Janie and Rick Gentry paddle down the Kansas River during an Outdoor Rec canoe trip June 18.

## Safe slide



Post/Blackmon  
Co. A, 1st Bn., 16th Inf.'s, Glen Hendrix, slides into second base while Co. C, 1st Eng., shortstop Jesse Griego prepares to make the tag in the Engineer's 12-10 victory over the Infantrymen June 29.

## Engineers slip past Infantrymen, 12-10

By Stephanie Perrin  
Staff writer

Gray clouds began to loom over the ball field June 29 but Company A, 1st Battalion, 16th Infantry, refused to let it dampen their spirits, even though they trailed Company C, 1st Engineer Battalion.

The Infantry attacked the 10-run lead and battled back to within two before losing 12-10 in the slow-pitch company level softball game.

The Engineers started their game with three quick Infantry outs at the top of the first inning, and then showed their offensive

skills by scoring three runs in the bottom of the opening inning.

Infantry scored their first run at the top of the second but the Engineers responded by scoring two more runs in that inning to move ahead 5-1.

The Engineers repeated their quick three-up, three-down defense at the top of the third inning to force the Infantry back into the field. They followed that with their strongest offensive effort of the game, scoring six runs in the same inning to lead 11-1.

The Infantry responded in the top of the fourth inning with their strongest offensive effort, putting six runs on the scoreboard.

When a base runner failed to tag second based and was forced out, the Infantry lost any chance for more scores in that inning. The Engineers scored their final run of the game at the bottom of the fourth and led 12-7.

The Infantry's players began cheering for a rally when their first three batters in the top of the fifth inning made it across home plate to bring their score within two of the Engineers' lead.

The call for a rally went unanswered. The game was called for time in the bottom of the seventh inning, and the Engineers held onto their 12-10 victory.

## PGA players, clubs help out

### Golfing 'team' supports DoD program

AFPS

PONTE VEDRA BEACH, Fla. - The PGA Tour and its network of Tournament Players Clubs have teamed up to help raise awareness for "America Supports You," a nationwide Defense Department program that recognizes citizens' support for military men and women and communicates that support to members of the armed forces at home and abroad.

President Bush urged Americans to visit the America Supports You Web site in his nationally televised June 28 address on Iraq, as well as to find a way to thank the nation's men and women in uniform on the July Fourth holiday.

From now through September, each of the 24 tournament players clubs across the country will host fund-raising activities ranging from tournaments and outings to auctions, officials said. Funds raised by PGA Tour players as well as TPC members, guests and employees will be dispersed equally to three beneficiaries:

Homes for Our Troops, a nonprofit organization supported by tour player Phil Mickelson that adapts or builds new homes with accessibility for military men and women returning to America with serious injuries and disabilities;

Intrepid Fallen Heroes Fund, a nonprofit organization supported by tour player Rory Sabbatini that supports the families of military personnel lost in performance of their duty; and

Wounded Warrior Project, a nonprofit organization supported by tour player Frank Lickliter II that provides programs and services to meet the needs of wounded servicemembers and their families.

## Coneflower lore blooms over prairie

By Alan Hynek  
Fish and Wildlife Biologist  
Conservation Division



Alan Hynek

The prairies of Kansas are rich in history. Each prairie plant and animal has its own unique story that has unfolded over the centuries. Many native prairie plants provided a source for food and medicine to the Native American and early settlers. One of the most important was the purple coneflower.

Two species of purple coneflower can be found in the area: the pale purple coneflower (Echi-

nacea pallida) and narrowleaf coneflower (Echinacea angustifolia). The latter is most common of the two on Fort Riley. Both are noted for their long pink petals and a bristly head that is quite sharp to the touch. A third species called purple coneflower (Echinacea purpurea) may be

### On the Wildside: News About Nature

found just to the east of Fort Riley in Missouri.

The primary medicinal uses of Echinacea are derived from the root. It was used mostly as a painkiller but also was used for a variety of ailments including sore throat, cough, colds and snakebite.

Echinacea was the only prairie plant used extensively by early European settlers. The first mention of Echinacea by a physician was by Dr. Ferdinand V. Hayden in an 1859 report to the secretary

of war. He stated trappers and Indians used the root of Echinacea extensively for cure of snakebite and other ailments.

H.C.F. Meyer, a medicine salesman from Pawnee City, Neb., made the first claims for the plant in early medical literature. Although his claims were extravagant, he nonetheless got the attention of other practitioners regarding Echinacea. Some of his claims include curing ulcers, gangrene, typhoid, malaria, diphtheria and snake bite.

Interest in the properties of the coneflower soared thereafter. In 1898, the oils from purple coneflower were isolated at the University of Kansas and tested. Many doctors and researchers reported success in curing a number of ailments by mixing four parts alcohol, one part water and a "tincture" of the ground root.

Modern testing of Echinacea began in 1950 in Germany. Testers found the root to possess mild antibiotic properties against streptococcus.

Testing occurred off and on through the '60s and '70s. Then, *See Echinacea, Page 10*

You can find the Fort Riley Post online at [www.riley.army.mil](http://www.riley.army.mil)



## Sports news in brief

### Gymnasts offered camp

Child and Youth Services is offering three summer gymnastic camp sessions: July 18-22, July 25-29 and Aug. 1-5. Times, camper category and cost for the first camp are:

- 1-1:50 p.m., 3-5 years old, \$40
- 2-2:50 p.m., 6-9 years old and completed kindergarten through third grade, \$40
- 3-3:50 p.m., beginners 9 years and older, \$40
- 4-5:50 p.m., back hand-spring clinic, \$55

Times, camper category and cost for the second camp are:

- 1-1:50 p.m., 3-5 years old, \$40
- 2-2:50 p.m., 6-9 years and completed kindergarten through third grade, \$40
- 3-3:50 p.m., beginners 9 years and older, \$40
- 4-5:50 p.m., back hand-spring clinic, \$55

Times, camper category and cost for the third camp are:

- 1-1:50 p.m., 3-5 years old, \$40
- 2-2:50 p.m., 6-9 years old and completed kindergarten through third grade, \$40
- 3-3:50 p.m., beginners 9 years and older, \$40
- 4-5:50 p.m., back hand-spring clinic, \$55

Camper must be registered with CYS, have a current sports physical and must sign up before the start of camp. For more information, call 239-4847.

### Youth bowling camps planned

Two youth bowling camps are planned this summer at the Custer Hill Bowling Center. Each camp will be two weeks long and cost \$100 per person. Camps will be July 11-22, and Aug. 4-12.

For more information, call (785) 738-7104 or the center at 239-4366.

### Fitness teachers wanted

The fitness department is looking for fitness instructors to teach aerobic/kick boxing classes.

Anyone interested can send a resume to Building 202, Custer Avenue, fax it to 239-6870 or call 239-2813 for info.



Post/Blackmon

### Water play

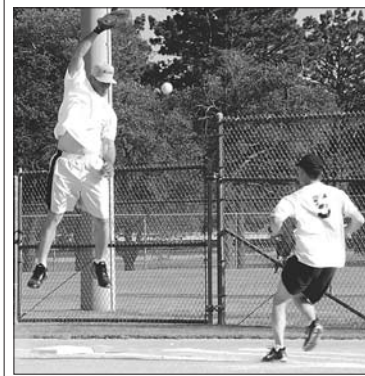
Above: Sierra Wilkerson, 2, holds on to her mother June 23 during her final day of swim lessons at Custer Hill Pool.

Right: Justin Casteel, 3 1/2, enjoys his final day of swim lessons at Custer Hill Pool.

While swim lessons are done for the summer, there are other pool activities scheduled.

"Mommy and Me" time is open to mothers and fathers and their infants and toddlers. This playtime/play-group swim is available from 9 to 11 a.m. at Custer Hill Pool. Each two-hour session costs \$2 per family. Two child's lifejackets will be provided per parent.

For more information on other pool activities, call 239-2172.



Post/Blackmon

Jared Poor of the 300th MP Co. tries to catch an over-throw while 82nd Med. Co.'s Mike Slusher heads for first. The 82nd Med. Co. beat the MPs, 9-6, July 29.

### July 29 softball scores

Co. A, 1st Bn., 16th Inf., defeated Btry A., 1st Bn., 5th FA, 13-7. The Field Artillery team came back to beat 523rd MP Co., 10-7.

MEDDAC crushed Co. B, 101st FSB, 19-4. The FSB team won its next game against Det. D, 15th PSB, 14-11.

The 300th MP Co. defeated Trp. D, 4th Cav., 15-7, and 10th ASOS, 10-8. The 10th ASOS smoked Trp. D, 4th Cav., 18-5.

The 977th MP Co. team defeated 82nd Med. Co., 16-6. Co. C, 1st Eng. Bn., nudged past 1st Maint. Co., 8-7. The 383rd Regt. defeated 1st Maint. Co., 14-9.

## Echinacea continued on page 9

in 1978, Echinacea was found to possess immunostimulatory properties, which is what the plant is primarily sold for today.

Other uses of this plant include using the dried head as a comb. This was evidently a prominent use among the plains Indians, evidenced by one Omaha name for the plant - "mika-hi," meaning "comb plant."

The recent popularity in herbal medicines has put Echinacea in danger of being over collected. Since the rootstock is used primarily in the herbal extracts, the individual plants are destroyed. Serious cases of poaching have occurred on public and private lands.

One of the areas hardest hit has

been road rights-of-way. That situation prompted the Kansas Department of Transportation to enact new laws against the collection of herbs from roadsides.

Echinacea roots may not be harvested on Fort Riley. Range and Safety Regulation 385-12 states: "Flowers and foliage of plants (excluding trees and shrubs) may be taken for ornamental purposes without a permit provided that no more plant material is taken by any one individual, each day, than can fit into a standard 3-pound coffee can (6-inch diameter opening. Root of plants may not be taken."

For more information, contact the Conservation Division at 239-6211 or stop by Building 1020.



DES/Suleman

The narrowleaf coneflower can be found at Fort Riley.

ABC UNION CAB  
2 x 2.5"  
Black Only  
2Q2.5 ABC Cab 7/8 5204 ml

US ARMY REENLISTMENT-ARMED FOR  
3 x 10.5"  
Black Only  
PU 6/17 Warehouse: OF EXH

KANSAS PRESS  
1 x 8"  
Black Only  
Freight: Our Repairs

UGO PARADISO  
2 x 4"  
Black Only  
2x4 Hail Damage

STANDARD PLUMBING  
2 x 5"  
Black Only  
2X5 Standard Plumb 7/1 ml



# Fort Riley Community Life

Friday, July 8, 2005

America's Warfighting Center

Page 11

## Community news briefly

### Group invites special speaker

Fort Riley's Wounded Soldier Outreach Support group will host Bill Bacon of the Military Order of the Purple Heart as its guest speaker at 6 p.m. July 12 at Riley's Conference Center.

A free meal and free childcare will be provided for those attending. The meeting is open to all wounded Soldiers and their family members.

For more information, call 239-4375.

### Bible school sign-up open

Children ages five through 10 can take part in Fort Riley's Vacation Bible School Aug. 1-5. The program will be held at the Morris Hill Chapel from 6 p.m. to 8:30 p.m. The registration deadline is July 14.

For more information, contact Sister Caroline at 239-4815 or Don Ericson at 239-0979.

The program also is accepting adult and high school teen volunteers. Those interested in volunteering for the Vacation Bible School can contact Juli Kelly at 784-8333 or e-mail kellytroupe@earthlink.net.

### Chaplain to host Muslim group

The installation chaplain will host an informal gathering of Soldiers, family members and civilian employees at 6 p.m. July 15 in Normandy Chapel on Custer Hill to assess the spiritual needs of Muslim personnel.

For more information, call Chap. (Col.) Kenneth Sampson at 239-3359.

### BOSS sponsors post car show

Owners of "hot rides" are being invited to show their "wheels" at the Fort Riley car show being hosted by Better Opportunities for Single Soldiers July 30 at Rally Point.

Top "rides" can drive away with honors as best of show, best import, best domestic, best truck or best sound system.

Registration fee is \$15 if done before July 22 and \$20 for those who register later.

The day is free for spectators. For more information, call BOSS at 239-8147 and visit the Information, Ticketing and Registration office across the parking lot from the Main PX to sign up.

### Crafts center classes posted

July 9 and 10 - 2 to 4 p.m., introduction to black and white photography.

For more information, call the Arts and Crafts Center at 239-9205.

### Teen Center activities set

July 8 - Skating  
July 9 - KC Royals Game  
For more information, call the Teen Center at 239-9222.

### Girl Scouts offer 'Wild' day camp

The Girl Scouts are planning a Born to be Wild day camp at Fort Riley 2 to 4 p.m. July 18-22 at Ware Elementary School.

For more information, call (800) 432-0286, extension 44.

## Great-grandmother deploys to Iraq

### AAFES

DALLAS - If it wasn't true, you might have a hard time believing that a great-grandmother who just spent six months deployed to Kuwait is packing her things to extend her deployment and go back to Iraq.

When the then-72-year-old from Lawton, Okla., voluntarily deployed to Camp Doha, Kuwait, in December 2004, no one knew what to think. "I don't think I was what they were expecting," said Lena Haddix. A military wife for nearly 30 years, Haddix voluntarily left her home station at the Fort Sill Post Exchange for a six-month deployment in support of

the Army and Air Force Exchange Service's morale facilities in Kuwait.

Talking on the phone from Camp Doha last week, Haddix explained that the past six months deployed in support of Operations Iraqi and Enduring Freedom have been filled with hard, yet rewarding work. "Anything there is to do, I do," said Haddix. "From 7:30 a.m. until at least 8:30 p.m., I run registers and help customers - just whatever needs to be done."

Even with the 13-hour days, Haddix was able to mark her 73rd birthday while deployed to Kuwait. "We had a big birthday party on May 14."

A year older and keenly aware

of the dangers that come with being deployed to a war zone, you might think that Haddix has had enough overseas excitement to last her for a while, but to hear her tell it she is just getting started.

"I'm going north," said Haddix, referring to her decision to voluntarily extend her deployment for another six months and go to Iraq. After a short R&R back in Lawton, Haddix was to report for duty on July 5 at her next contingency assignment at Camp Liberty in Baghdad, Iraq.

Haddix returned home to Lawton, Okla., on June 23. Before long she was preparing for her

See Grandma, Page 13



Great-grandmother and AAFES employee, Lena Haddix, volunteered to deploy to Iraq to work at the PX in theater. AAFES photo

## Just celebrate



Milford youth wave to the crowd as they participate in the Sundown Salute July 4 parade in Junction City.

Post/Blackman

## Sundown Salute provides entertainment

### By April Blackman

Staff writer and  
Mike Heronemus  
Editor

In keeping with the Sundown Salute theme, it was time to "Just Celebrate" in Junction City over the July 4 weekend.

An estimated 10,000 to 15,000 people attended the annual Independence Day activities July 30 to July 4, according to city officials.

Nearly 200 entries traveled east on Sixth Street for the annual July 4 parade. Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech) and Fort Riley, served as the parade's grand marshal.

With Hardy and his wife, Diane, several

Fort Riley entities participated in the parade, including "Hamilton's Own" Colonial Color Guard of the 1st Battalion, 5th Field Artillery; 24th Inf. Div. Command Sgt. Maj. Gilbert Canuela; the 2005 Post Noncommissioned Officer of the Year, Sgt. Mark Vallem of the 331st Signal Company; the 2005 Post Soldier of the Year, Spc. Jacob Mosher of the Medical Department Activity; the commander, colors and staff of the 1st Brigade, 1st Infantry Division; a tactical ambulance; a Military Police "Humvee"; and the Commanding General's Mounted Color Guard.

A ceremony honoring veterans began around noon at Heritage Park. Hardy spoke to the hundreds in attendance about America's 229 years of freedom.

"We've got a lot to be proud of. But we know we didn't become the greatest nation

on Earth without a lot of blood and sweat and tears," Hardy said. "Freedom had to be won with the first shots fired in 1775 ... and we know the fight must continue."

Wreaths were laid at the Kansas Vietnam Veterans Memorial and the Desert Storm Memorial in the park. A firing detail from the 541st Maintenance Battalion fired rifle volleys and a KC-135 from the 190th "Coyotes" of the 117th Air Refueling Squadron, Kansas Air National Guard, flew over the park during the ceremony.

Throughout the weekend, revelers could try their skills at several rides and attractions set up in downtown Junction City, including a wall climb, motorized and pedal "go carts," a mechanical bull and a water war between opponents slinging

See Salute, Page 14

## Military Idol hits Army posts

### Contest seeks talent world-wide

#### By Tim Hipps

Army News Service

ALEXANDRIA, Va. - Military Idol will give Soldiers a chance to sing their songs like their American Idol predecessors on 34 Army installations around the world this summer.

Performers have until July 22 to apply for the competition based on the principles of FOX television's American Idol show. Local Military Idol competition will begin Aug. 1 and continue through Sept. 30. Finals week is set for Oct. 17-22, when local winners will compete at Alexander Hall on Fort Gordon, Ga.

Installations where Military Idol will be contested include Fort McCoy, Wis.; Fort Leonard Wood, Mo.; Fort Carson, Colo.; Fort Lewis, Wash.; Fort Meyer, Fort Lee and Fort Eustis, Va.; Fort Sam Houston, Texas; Fort Sill, Okla.; Fort Irwin, Calif.; Fort Huachuca, Ariz.; Fort Jackson, S.C.; Fort Knox, Ky.; Fort Bragg, N.C.; Fort Gordon, Ga.; Fort Rucker, Ala.; Hohenfels, Würzburg, Baumholder, Heidelberg, Weisbaden, Bamberg, Hanau, Ansbach and Darmstadt, Germany; Cheivers, Belgium; Camp Casey, Camp Walker, Yongsan and Camp Humphreys, Korea; Schofield Barracks, Hawaii; Fort Richardson, Alaska; and Camp Zama, Japan.

Eligible contestants must be on active duty military status assigned to the local hosting installation, including members of all branches

See Idol, Page 13

### Marriage and Military Life

## Wisdom can be gained from life in 'sandbox'

By Gene-Thomas Gomulka  
Retired Navy chaplain

### Dear Gene-Thomas,

I came across your letter entitled "The Greatest Gift" that talked about the effect that parents have upon the psychological development of their children. Because I'm pregnant and my husband is deployed, I'm particularly sensitive to wanting our child to grow up and become loving, respectable and successful.

—Andrea

Dear Andrea,  
I'm glad you enjoyed the

### About the author

Gene-Thomas Gomulka is a retired Navy chaplain and author of "The Survival Guide for Marriage in the Military," available at [www.plaintec.net](http://www.plaintec.net)

Have a question? Write Gene-Thomas at [letters@plaintec.net](mailto:letters@plaintec.net)



recent letter in my weekly column. I'll pass your compliment on to my own pregnant wife (with twins) who recommended that I respond to that particular writer. While your husband is away

son we pray that our troops will return both physically and spiritually intact.

While "docs" are paid to look after their physical needs, my goal is to help them and their family members not suffer from any of the spiritual consequences that can sometimes derive from multiple long-term deployments (e.g., divorce, unhappy relationships).

In addition to finding support and encouragement in columns and books like my own, as well as by participating in online military community forums, there are a number of authors whose writings can prove inspirational.

One of my favorite writers is Robert Fulghum who is the author of "All I Really Need to Know I Learned in Kindergarten" ([www.robertfulghum.com](http://www.robertfulghum.com)).

Fulghum believes that "dreams are more powerful than facts; hope always triumphs over experience; laughter is the only cure for grief; and love is stronger than death."

I hope that the following piece he wrote offers you some encouragement as you and your husband look forward to the birth of your child. If you like it, you may con-

See Marriage, Page 13





# Teen Center sponsors day camps

DeAmber Prater, Shabaez Brumfield, Michaela Dycus and Taylor Berry perform a dance routine at the Teen Center while waiting for the Blindfolded Horse Race to begin.

Post/Perrin



By Stephanie Perrin  
Staff writer

Riding piggyback on blindfolded "horses" and preparing Chlada Fakya, a traditional African meal, were some of the activities included in the "African Safari" week June 27 to July 1 at Fort Riley's Teen Center.

"African Safari" was part of the Teen Center's 11-week summer program "MST Around the World." The program began May 31 and will run through Aug. 12. Activities take place from 1 to 6 p.m. Monday through Thursday with a field trip scheduled on Fridays.

Each week, the teens take part in activities focused towards a different country, said Youth Services Director Jill O'Sullivan. On Mondays, program partici-

pants use the Teen Center's computer lab to complete scavenger hunts or other activities while researching information about the scheduled country.

Tuesdays are generally reserved for arts and crafts or swimming.

On Wednesdays, the teens help prepare a traditional meal of the country of the week and go bowling. Sports and fitness activities are scheduled on Thursdays.

"It's a good educational program because they're having fun and learning at the same time," O'Sullivan said.

Friday trips have included visits to Worlds of Fun in Kansas City, Rolling Hills Wildlife Refuge in Salina and fishing at Millford Lake. The weekly programs are free except for trip fees.

For more information, call 239-4847.



Post/Perrin

Blindfolded Cassie Glenn, 13, holds her rider, Sierra Taylor, 12, before the Blindfolded Horse Race begins.

COLLEGE HEIGHTS BAPTIST CHURCH

2 x 2"

Black Only

2X2 Coll Height: TP June

HUNAM PALACE CHINESE RESTAURAN

2 x 2"

Black Only

2X2 HUNAM PAL 6/22 4455 ML

THE APPLE'S HEART

2 x 2"

Black Only

Boutique atmosphere

DAILY UNION

6 x 14"

Black Only

service directory





## Post news in brief

### Youth services activities posted

July 9 - 10 a.m. to 1 p.m., free child care for deployed Soldiers.  
For more information, call 239-9173.

### 'Rumpelstiltskin' auditions slated

An audition will be held for Missoula Children's Theatre production of "Rumpelstiltskin" from 9 to 11 a.m. July 11 at the Teen Center, Building 5800.

Those auditioning should arrive at 9 a.m. and plan to stay for the full two hours. Some of the cast members will be asked to stay for a rehearsal immediately following the audition.

Missoula Children's Theatre touring productions are complete with costumes, scenery, props and makeup. Rehearsals are set for 9 a.m. to 2:30 p.m. each day throughout that week.

"Rumpelstiltskin" will be presented July 16 at the Teen Center.

For more information, call Nikki Crismann at 239-9923.

### STARBASE schedules set

Kansas STARBASE, a Kansas National Guard Youth Program, has set its summer student academies schedule.

STARBASE (Science and Technology Academies Reinforcing Basic Aviation and Space Exploration) is a unique opportunity for students completing fourth, fifth or sixth grade. The Academies take STARBASE students through activities in which they investigate the laws of motion, discover the properties of air and explore the forces of flight.

Students also meet and interact with pilots, navigators, computer technicians, civil engineers and other highly trained professionals.

Academies run Monday through Friday and cost \$90.

Academy dates at the Kansas Army National Guard Training Facility in Salina are July 11-15 for the traditional camp, July 25-29 for robotics, Aug. 1-5 for traditional camp and Aug. 8-12 for young engineers.

Campers attending the robotics and young engineers camps must have completed fourth grade and already have attended a traditional camp.

For more information about the Salina camps, call Kristi Wheeler at (785) 822-6602.

Academy dates at the 190th Air Refueling Wing, Kansas Air National Guard, at Forbes Field in Topeka, will be July 11-15 for Amelia's Angels (girls only), July 25-29 and Aug. 8-12 for robotics. Campers attending the robotics camps must have completed the fourth grade and attended a traditional camp.

For more information about Topeka camps, call Kim Mittermeier or Jason Johnston at (785) 861-4196.

# AAFES shoppers save

## AAFES

DALLAS - According to a national independent market basket survey, prices at Army and Air Force Exchange Service post and base exchanges average 22.09 percent lower than comparable retailers.

Conducted in February by RetailData, the 2005 market basket survey sampled everyday prices of 150 similar items found in six military communities. Communities surveyed included Fort Meade, Md.; Eglin AFB, Fla.; Fort Hood, Texas; Fort Lewis, Wash.; Offutt AFB, Neb.; and Luke AFB, Ariz.

AAFES officials reported that the savings exchange shoppers receive doesn't end at 22.09 percent.

"It's important to remember that the average savings cited by

RetailData's survey is before any additional tax-free advantage authorized exchange customers enjoy," said AAFES Commander Maj. Gen. Bill Essex. "Depending on where a servicemember or military retiree lives, shopping the PX or BX can offer an average savings up to 31.44 percent when you consider that our customers don't pay sales tax."

RetailData's market basket survey is designed to focus on the most popular items sold at AAFES facilities and represents all major retail departments. National name brand items prices were surveyed. In addition to name brand savings, AAFES' private label merchandise keeps even more money in military customers' pockets.

"As more and more retailers are targeting military servicemembers as customers, AAFES is working twice as hard to offer compelling

value to military customers," said AAFES Chief Operating Officer Marilyn Iverson. "When you look at this survey and compare apples to apples, I think it's clear that AAFES saves its customers money every day, regardless of their location."

A market basket survey is a snapshot in time. The retail industry conducts similar surveys as an industry best practice to remain competitive. In addition to the national survey, each major AAFES Exchange location conducts local price surveys monthly to ensure AAFES pricing is consistently competitive.

The 2005 market basket survey average savings of 22.09 percent represents an increase over AAFES' 2004 results of 21.89 percent. AAFES will continue to conduct annual surveys to ensure prices are the lowest possible.

# PX removes selected drugs

## AAFES takes pseudoephedrine off shelves

### AAFES

DALLAS - The Army and Air Force Exchange Service will remove products containing the solid form of pseudoephedrine from all store shelves by July 31.

AAFES officials reported that the savings exchange shoppers receive doesn't end at 22.09 percent.

The affected items will be replaced with products containing

phenylephrine, an acceptable substitute for pseudoephedrine, as a relief for sinus congestion.

Tim Calkins, AAFES buyer for cold and cough products, explained that AAFES will start shipping the replacement products to AAFES stores in July before the start of the cold and cough season.

To date, 16 states have passed legislation restricting the availability of cough and cold medi-

cines containing the drug pseudoephedrine in solid form. AAFES officials have decided that removal of these products from all of its stores is in the best interest of all military communities.

AAFES is committed to maintaining safe communities by supporting all local, state and national initiatives to combat the manufacture of illicit drugs, an official said.

# Grandma

continued from page 11

deployment to Iraq and making the most of her brief R&R with her five children, eight grandchildren, three great-grandchildren, two dogs and one bird.

"I love the people out here," said Haddix of the troops and AAFES associates in the contingency theater. "They give me hugs and talk to me about their thoughts and fears. One Soldier told me he thought God sent me."

Haddix is compelled by a sense of duty to the troops she has come to know and love in Kuwait. She makes it clear that she hopes to extend the bonds she has developed with the troops she served on the first six months of deployment to servicemembers in Iraq.

At any given time, AAFES has 450 civilian associates like Haddix deployed in support of post

and base exchange facilities in Operations Iraqi and Enduring Freedom. AAFES operates 54 exchanges, 65 phone centers and more than 100 name brand fast food operations throughout Afghanistan, Iraq, Qatar, Uzbekistan, Kyrgyzstan and Kuwait.

Camp Liberty, where Lena Haddix will be working, is home to AAFES' largest contingency PX/BX in the world. With 30,000 square feet of retail space, the exchange offers a complete assortment of snack and beverage products, electronics and health and beauty items. The AAFES shopping complex at Camp Liberty also hosts a variety of name brand fast food restaurant offerings, including Burger King, Popeye's and Cinnabon, as well as a popular Iraqi vendor bazaar.

MILITARY OUTLET  
2 x 3.5"  
Black Only  
203.5 ml. Out. TP 7/8 4946 ml.

# Marriage

continued from page 11

sider forwarding it to a friend, particularly another expectant mother.

"Most of what I really need to know about how to live, and what to do, and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sandbox at nursery school.

"These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. ... Learn some and think some and draw and paint and sing and dance

and play and work every day some.

"...When you go out into the world, watch for traffic, hold hands and stick together. Be aware of wonder. ...

"Think of what a better world it would be if we all - the whole world - had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nation and other nations to always put things back where we found them and cleaned up our own messes. And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together."

# Idol

continued from page 11

of service assigned on the installation. Active duty Soldiers not assigned to the installation where they will compete also are eligible, but they must provide their own transportation.

Only vocalists need apply. There's no place in this contest for musicians, comedians, dancers, jugglers, etc.

The Army-wide winner will receive \$1,000. Each installation-level winner gets \$500 and temporary duty costs covered to compete in the Army-wide finals, along

with \$500 in unit funds. Second-place installation-level performers will receive \$250, and third-place installation-level performers will receive \$100.

The Pentagon Channel is scheduled to air a 90-minute live broadcast of the Military Idol finals.

Competition dates, complete rules and additional information is available at <http://www.military-idol.com>.

Tim Hipps writes for the U.S. Army Community and Family Support Center Public Affairs Office.

HOMESTEAD HOMES OF AMERICA, IN

2 x 3.5"

Black Only

Build your own home



GEICO-AFC  
3 x 10"  
Black Only  
579486 Called Up

SUSAN RELIGAMARKETING SERVICE  
3 x 5"  
Black Only  
305 Susan Rel Hair Exp 7/8



Maj. Gen. Dennis Hardy, commanding general of the 24th Inf. Div. (Mech) and Fort Riley, speaks at the Veteran's Ceremony July 4 at Heritage Park.  
*Post/Blackmon*



# Sundown Salute



Tammi Clyde (left) and her daughters, Courtney and Zoey (striped shirt) duck to avoid being splashed by a water balloon as Tammi prepares to launch a water balloon at her husband, 1st Lt. Christopher Clyde and their daughter Jaylin.  
*Post/Heronemus*

## Salute

continued from page 11

water balloons at each other.

The 90-degree weather could have tempted many to try their hand just for the chance to be splashed and cool off a little.

First Lt. Christopher Clyde of Company B, 1st Battalion, 34th Armor, didn't have to urge his family to face off in a water battle.

He and 7-year-old Jaylin took one side while mother Tammi and their daughters Courtney, 11, and Zoey, 9, took the other.

Everybody got a little wet, but mommy's team got splashed the most.

The family showed up downtown about 1 p.m. July 2 and were having a good time, Clyde said.

The family planned to return the following two days and enjoy a home barbecue that Saturday night to celebrate July 4.

Zoey said she thought the water war was the most fun she'd had at Sundown Salute up to that time, but there were lots of things to try before the day was finished.

Winning the water war wasn't



hard, Jaylin said, "because my daddy was doing most of the work."

Courtney said she like the professional BMX bicycle and rollerblade demonstration the best, but said she wouldn't try any of the tricks. "It looked dangerous," she said.

For the youngsters, and maybe the not-so-youngsters, the racing pigs, camel ride, pony ride and petting zoo offered some up-close time with some fun and unusual animals.

Spc. Chris Wensel of Company A, 101st Forward Support Battalion, put his two children on

ponies.

It was 2-year-old Sheylynn's first ride, so daddy walked beside her. Son Brandon, 4, had ridden before, and proudly struck a pose when the lady helping with the ride stopped his pony for a photograph.

"We'll be down here all weekend," Wensel said about his family's July 4 celebration plans. "This is the first Fourth of July I've got to spend with my kids."

Eight bands competed for first, second and third prizes in the Battle of the Bands sponsored by Fort Riley's Better Opportunities for Single Soldiers July 2.

Tuwaka Loft won \$600 and first place.

Addictive Behavior placed second and won \$300.

Thirteenth Step won \$100 for third place.

Eight bands competed in this year's battle. It was Addictive Behavior's third appearance. The placed second two years ago and won last year.



A member of United Freestyle Stunt Team jumps over a teammate and his BMX bike as part of a demonstration of the team's BMX and rollerblade trick skills at Sundown Salute in Junction City July 2.  
*Post/Heronemus*



Katharine Norris, visiting her grandparents in Junction City, climbs the wall set up at Sundown Salute.  
*Post/Heronemus*



Spec. Chris Wensel walks beside his 2-year-old daughter, Sheylynn, as she rides a pony for the first time at Junction City's Sundown Salute, billed as the "biggest free Fourth of July Celebration in Kansas." This year's celebration expanded to five days with several new attractions.  
*Post/Heronemus*



Alyssa Black watches the parade with her father, Price Black of HHC, 1st Bn., 41st Inf.  
*Post/Blackmon*



Spectators gather candy that was tossed to them during the Fourth of July parade.  
*Post/Blackmon*





## Post news in brief

### 'Club' members seek work

Members of Fort Riley's church youth group, Club Beyond, are looking for summer work. The club's "Teen for Hire" program offers teens to do yard work, baby-sitting and general labor tasks.

For more information or to employ a teen, call 210-6240.

### Support center classes posted

**July 8** — 8:30 a.m. to noon, Spouse Orientation

For more information, call the Soldier and Family Support Center at 239-9435.

### Post childcare available

The Fort Riley Child Development Center has full-day and part-day preschool slots open. For registration information, call 239-4847.

Classifieds  
5 x 21.25"  
Black Only

## Chapel Services



#### Kapaun Chapel:

- Youth Ministry's Gospel Youth, 7 p.m. Wednesdays
- Men's Bible study, 5:30 to 6:30 a.m. Thursdays
- Protestant Contemporary worship service, 11 a.m. Sundays
- Gospel Bible Study, 7 p.m. Wednesdays

#### St. Mary's Chapel:

- Youth Ministry's Club Beyond-JV, 5 to 6:30 p.m. Sundays September through May.
- Youth Ministry's Club Beyond, 7 to 8:30 p.m. Sundays September through May.
- Catholic Women Mass and meeting, 10 a.m. first Thursday of the month September through May.
- Catholic Mass, 11 a.m. Sundays
- Protestant Women of the Chapel 7 to 8:30 p.m.

#### Morris Hill Chapel:

- Youth Ministry's Catholic Youth Organization, Sundays September through May.
- Protestant Women of the Chapel, 9 to 11:30 a.m. Tuesdays
- RCIA (for anyone who wants to learn more about Catholic teachings and practices), 3 to 4:30 p.m. Sundays September through May
- Protestant Gospel worship service, 11 a.m. Sundays
- Catholic Mass, 9 a.m. Sundays
- Sacrament of Reconciliation (Confession), 8 to 8:30 a.m. Sundays or anytime by appointment (239-4814).
- Protestant Sunday school, 9:30 a.m. September through May
- Catholic kindergarten through high school 9 a.m. after Mass Sundays September through May at Morris Hill Chapel and Fort Riley Middle School
- Catholic Children's Church, 9 a.m., during Sunday Mass
- Protestant worship service, 9:30 a.m. Sundays
- Lutheran worship service, 11 a.m. Sundays

#### Main Post Chapel:

- Protestant worship service (traditional), 10:30 a.m. Sunday
- Protestant Sunday school 9:15 a.m. September through May

#### Hospital Chapel:

- Mass, noon Monday through Thursday

**Jewish religious services** are available upon request. For more information, call the Installation Chaplain's Office at 239-3359.





# Travel & Fun in Kansas

Page 16

America's Warfighting Center

Friday, July 8, 2005

## Leisuretime ideas

### At the movies:

The Barlow Theater doors open at 6:30 p.m.

Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under age 5 are free except during children's matinees or expected sell-outs.

**July 8** – The Longest Yard (R)

**July 9** – Wedding Crashers, (R)

**July 10** – Crash (R)

**July 14** – Kicking and Screaming

**July 15** – Sisterhood of the Traveling Pants (PG)

**July 16** – 2 p.m., Madagascar (PG)

**July 16, 17** – Cinderella Man (PG-13)

For more information, call 784-2226 or 784-2640.

### Manhattan:

**What:** Arts in the Park, Back Porch Blues Band

**When:** 8 p.m., July 9

**Where:** City Park

**Admission:** Free

**What:** Arts in the Park youth musical, "Seven Brides for Seven Brothers"

**When:** 8 p.m., July 15-17

**Where:** City Park

**Admission:** Free

### Herington:

**What:** Tri-County Free Fair. 4-H fair, carnival exhibits in community building, rodeo and demolition derby.

**When:** 8 a.m. to 11 p.m. through July 9

**Where:** 700 S. Broadway, Fairgrounds

**Phone:** (785) 258-3359

**Admission:** Free

### Wichita:

**What:** Summer Concert Series. After taking in the sights and sounds of the zoo, enjoy the summer evenings listening to top entertainers from around the country.

**When:** 6:30 to 9:30 p.m. July 23

**Where:** 5555 Zoo Boulevard, Sedgwick County Zoo

**Phone:** (316) 266-8212

**Admission:** \$10 (ticket must be purchased in advance)

### Newton:

**What:** Battling Dinosaurs exhibit. Albertosaurus and Tescelosaurus battle in the dinosaur display area.

**When:** 10 a.m. to 5 p.m. Monday through Saturday, noon to 5 p.m. Sunday, through July 31

**Where:** 835 E. First St., Museum of World Treasures

**Phone:** (316) 263-1311

**Admission:** Adult \$9.90; Senior \$6.90; Youth \$5.90

### Wamego:

**What:** Beloved Broadway musical "Hello Dolly!" starring Linda Uthoff to be this summer's Extravaganza at the Historic Columbian Theatre. Dinner and show offered.

"Hello Dolly!" is based on Thornton Wilder's "The Matchmaker." Hit songs include, Hello Dolly!, Before the Parade Passes By, Put on Your Sunday Clothes and Elegance, just to name a few.

**When:** Thursday, Friday, Saturday dinner at 6 p.m., Sunday Dinner at 12:30 p.m. July 8-10; July 14-17; July 21-24

**Where:** Columbian Theatre, 521 Lincoln Ave.

**Phone:** 1-800-899-1893

**Admission:** Musical only: Adult \$20; Child \$10; Dinner and musical: Adult \$37.25; Child \$20.75

## Exploration Place offers unique exhibits

By Mike Heronemus  
Editor

WICHITA – Three hours fly by faster than a jet airplane for those visiting the flight and design exhibit at Exploration Place in Wichita.

The unique hands-on exhibits will keep adults and children occupied without a thought about how fast time is disappearing.

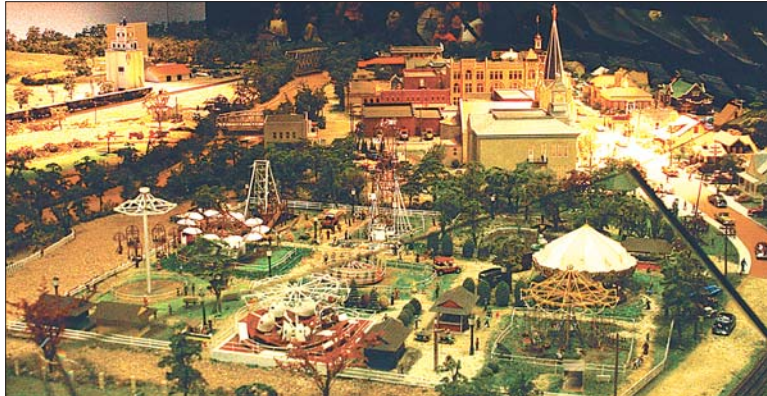
The flight exhibit is one of several that encourage visitors to explore with their minds, eyes and hands while marveling at what is displayed.

Exhibits in the Flight and Design area let visitors experience the Wright brothers' powered flight while lying on a platform with controls to simulate flying the plane shown on a video screen in front of the pilot.

Crashes occur often and dramatically, but the modern-day flyers live to try their hand at other exhibits, including a flight simulator that takes the pilot and passenger soaring over Wichita, computerized flight controls that let visitors try their hand at taking off, flying and landing – or crashing – a single-engine plane; a computer program that lets the operator design his or her own 200-passenger commercial airplane, plus lots more.

In other exploration exhibits, visitors can wander through a Kansas cave, excavate for fossils and touch a 20-foot tall tornado.

They can make dams with their hands in a flowing stream table, talk with meteorologists as they prepare for a television weather forecast and visit a miniature Kansas town complete with children playing, men working, an operating carnival and narrated stories about the state's past and present.



A miniature Kansas community displayed at the Exploration Place in Wichita features a carnival with working rides, children swinging on playground equipment and even a welder with his torch sparking. Post/Heronemus

Another exhibit gets visitors close to human life with displays that show and explain how the body works and large models of some of the body's organs.

A long stairwell offers visitors the opportunity to register the effect climbing those stairs has on their heartbeats.

Kids can learn all about living spaces in two rooms devoted to showing how houses are built, rooms can be designed and living can be comfortable and entertaining.

One Japanese style room has a wall with bubbling water that soothes the nerves and offers a visual attraction to the normally austere furnishings and appearance of such rooms.

Another room is dominated by a three-story castle with winding staircase, cavernous hallways and an adjoining area with dress-up clothes for children who want to be princesses, ladies in waiting, jesters and other medieval characters.

Exploration Place will hold the visitor's attention span for hours and leave them all wanting to come back and see and try all the things they didn't have time to do in one visit.

### If you go

**Open:** Noon to 6 p.m. Sunday and Monday, 10 a.m. to 6 p.m. Tuesday through Saturday

**Cost (exhibits only):** \$3 for children 2-4, \$6 for children 5-15, \$8 for adults and \$7.50 for adults 65 and older

**Route:** From Fort Riley, take Interstate 70 west to Interstate 135, take I-135 south to the Kellogg exit; take Kellogg west to McLean Boulevard; go right on McLean Boulevard and look for Exploration Place on the right side of the street.

**For more information:** Call (316) 263-3373 or visit [www.exploration.org](http://www.exploration.org) on the Web.

## Territorial Capitol celebrates 150th

By Stephanie Perrin  
Staff writer

Paper fans, people drinking from mason jars and wearing top hats and bonnets flavored the 150th anniversary celebration of the First Territorial Capitol of Kansas at Fort Riley, June 25.

The festivities included demonstrations by a blacksmith, tomahawk thrower, fur trader and cannon maker. The celebration included performances by the Haymakers, a trio that played acoustic stringed instruments.

A re-enactment of the legislative meeting that took place at the capitol building in 1855 added some good-natured "heat" to the day's observance. The re-enactment featured actors portraying the historical legislature members who attended the meeting debating the state's stance on slavery.

The re-enactment included actual speeches members of the legislature made during their meeting," said re-enactment volunteers Eric Stahl. "They were just shortened down a lot."

Father and son team, Don and Joe Harris, entertained celebration goers with their knife throwing and gunsmith skills. Don Harris uses tomahawks and knives he makes from lawn mower blades for his throwing demonstrations. Son Joe showed the audience how he uses a forge he made. The forge operates on coal and allows him to create objects from steel.

"In the 1850s, anything that involved the use of steel was done by a blacksmith," Joe said. Harris said he is able to make most things by seeing a picture or holding the object.

The First Territorial Capitol of Kansas is located on an area of Fort Riley that was once the town

### First Territorial Capitol

Free admission to grounds, museum on first floor and meeting room on top floor.

Open 1 to 5 p.m. Thursdays through Sunday.

Kansas River nature walk open daily.

of Pawnee. The Pawnee Town Association had been formed in 1854 to establish a town near Fort Riley.

The capitol was built in 1855 and the first gathering of the Territorial Legislature began July 2, 1855. The session ran through July 7, giving the capitol its nickname, "The Five-Day Capitol," when the legislative body ended a heated debate and voted to reconvene in Shawnee Mission.

When the boundaries of Fort Riley were moved in the fall of 1855, the town of Pawnee was incorporated into the post's boundaries and the citizens were directed to relocate the town. All the buildings were destroyed except the capitol. The Army once used the building as a warehouse and then as the residence of the post chaplain.

In 1880, a tornado tore off the roof of the already abandoned capitol and the building was left to suffer from the elements until 1928.

The capitol building was restored and given to the "People of Kansas" as a memorial to the struggle for a free, anti-slavery Kansas. A volunteer group now manages the First Territorial Capitol's day-to-day operations, Partners of the First Territorial Capitol.

DAILY UNION  
3 x 10.5"

TWO COLOR 3X10.5 SUNDOWN

